



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

New Jersey

All statistics are based on parental reports.

National %	State %	
14.8	13.7	Percent of children who are overweight
21.9	15.9	Age 10-11
14.4	16.5	Age 12-14
10.7	9.1	Age 15-17
22.4	23.6	0-99% Federal poverty level
19.0	20.8	100-199% Federal poverty level
13.7	14.9	200-399% Federal poverty level
9.1	8.2	400% Federal poverty level or more
18.1	17.0	Male
11.5	10.3	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	66.8	
78.2	67.9	Age 10-11
74.2	67.1	Age 12-14
63.3	65.6	Age 15-17
76.8	74.9	Male
65.6	58.2	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	64.4	
61.5	63.5	Age 10-11
61.6	66.2	Age 12-14
53.4	62.7	Age 15-17
62.1	66.9	Male
55.0	61.6	Female
72.9	69.9	Percent of children with at least one parent who exercises regularly